



Volunteer Wellness

Mike Stahl, PhD
Director, PEMBA
College of Business

Victoria Niederhauser, DrPH, RN
Dean & Professor
College of Nursing

Eugene Fitzhugh, PhD
Professor
College of Education
Health, & Human
Sciences

David Bassett, PhD
Professor
College of Education,
Health, & Human
Sciences

Interdisciplinary Team

- Susan Martin, Provost and Senior Vice Chancellor
- Vickie Niederhauser, Chair VOLwell Committee, College of Nursing
- Peggy Pierce, College of Nursing
- Katie Morgan, College of Nursing
- Karen Lassater, College of Nursing
- Mike Stahl, College of Business Administration
- Eric Martin, College of Business Administration
- David Bassett, College of Education, Health & Human Sciences
- Eugene Fitzhugh, College of Education, Health & Human Sciences
- Dixie Thompson, College of Education, Health & Human Sciences
- Laura Miller, School of Communication Studies
- Rosa Thomas, Safety, Environment, and Education Center

VOLWellness: Survey

- Health Risks based on Behavioral Risk Factor Surveillance System (BRFSS)
- Interest in Wellness Activities
- Interest in Employee Clinic



Methods

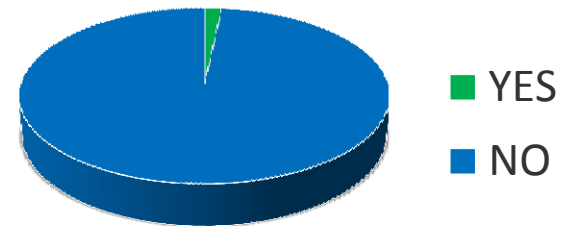
- Institutional Board Approval
- Online & Paper Survey
- 3480 respondents, 32% response rate
 - 747 (25%) Faculty
 - 381 (13%) Executive/Administration
 - 2352 (62%) Staff
- Incentive, drawing for an iPad mini
- Descriptive Statistics
- Explored Relationships with Risks and Services/Programs



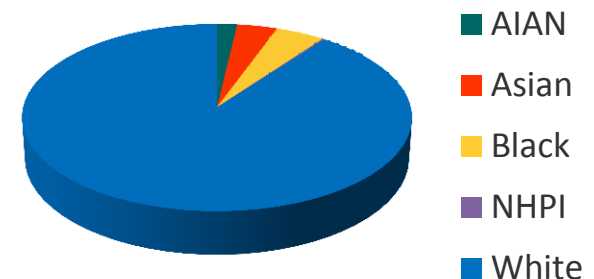
Demographics

- Gender
 - 40% male,
 - 60% female
- Age
 - Mean 46.4 years
 - Range 19-84
- Marital Status
 - 69% married
 - 10% divorced
 - 2% widowed
 - 1% separated
 - 14% never married
 - 4% member of unmarried couple

Hispanic/Latino

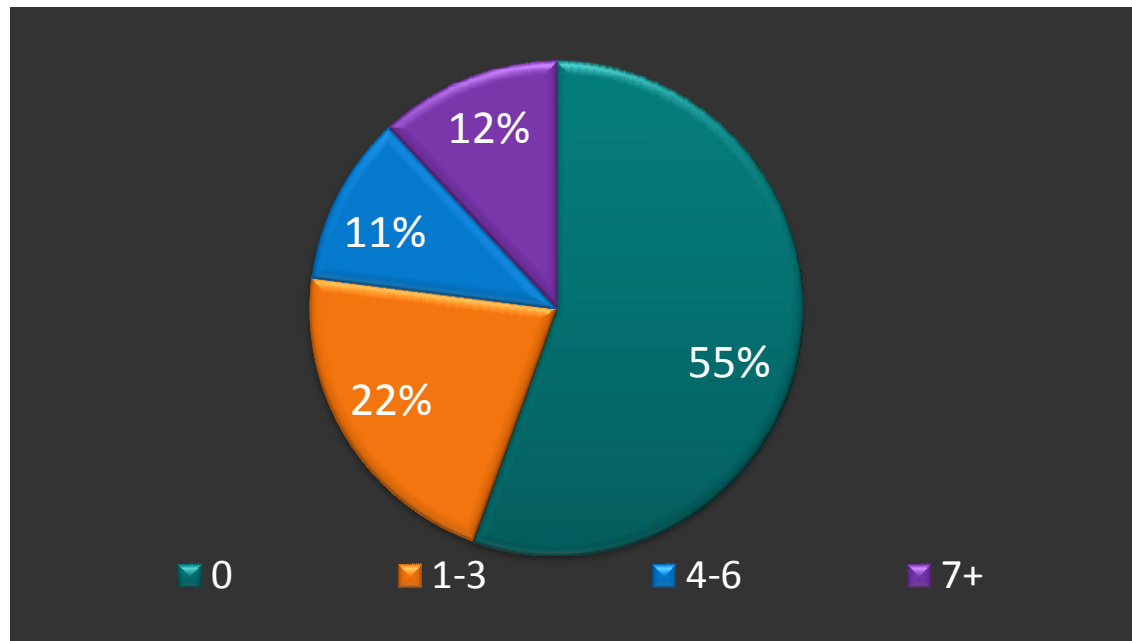


Race

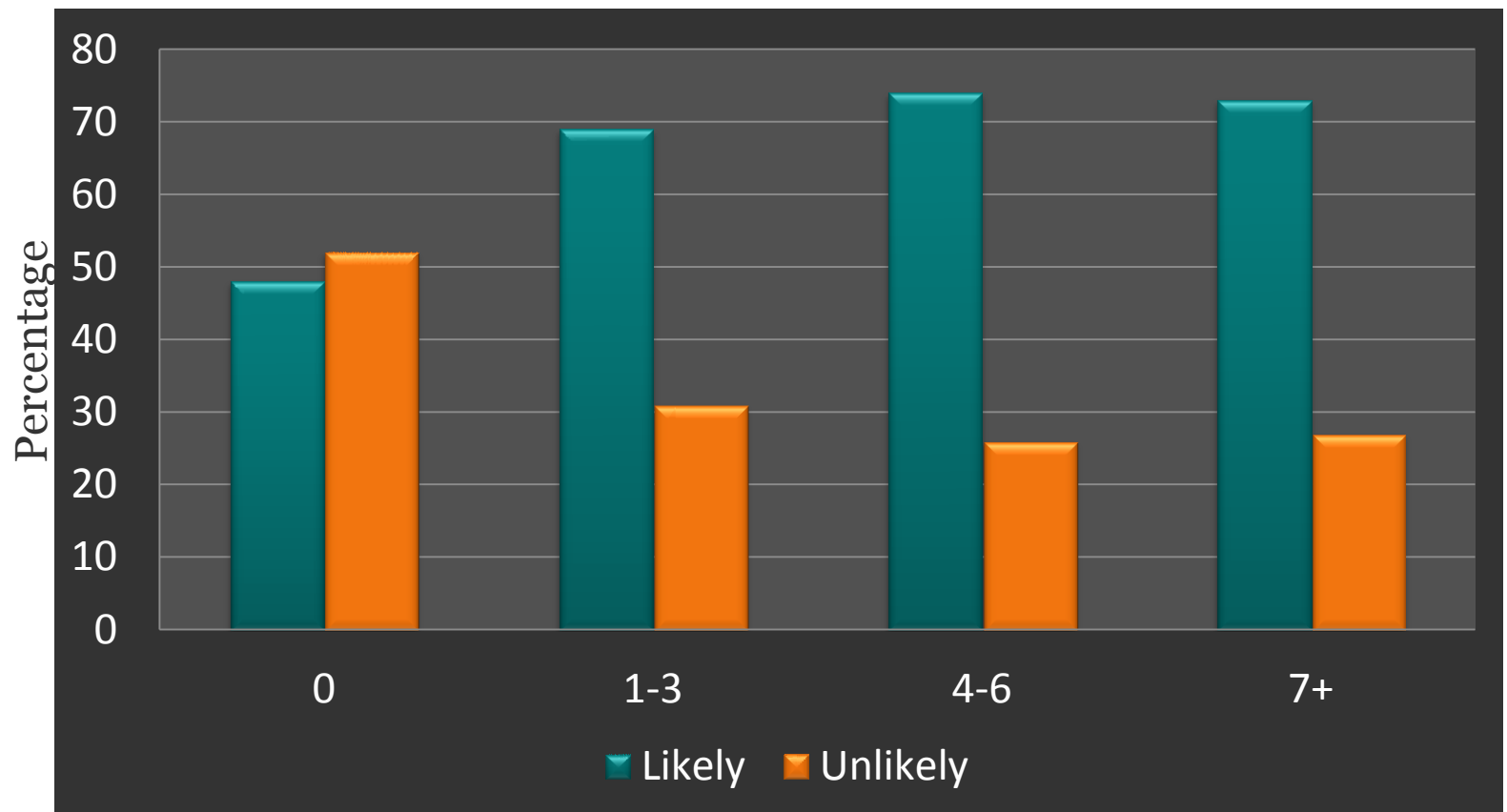


Risks: Global Mental Health

- Thinking about your mental health, which includes stress, depression, and problems with emotions, how many days in the last 30 days was your mental health not good?

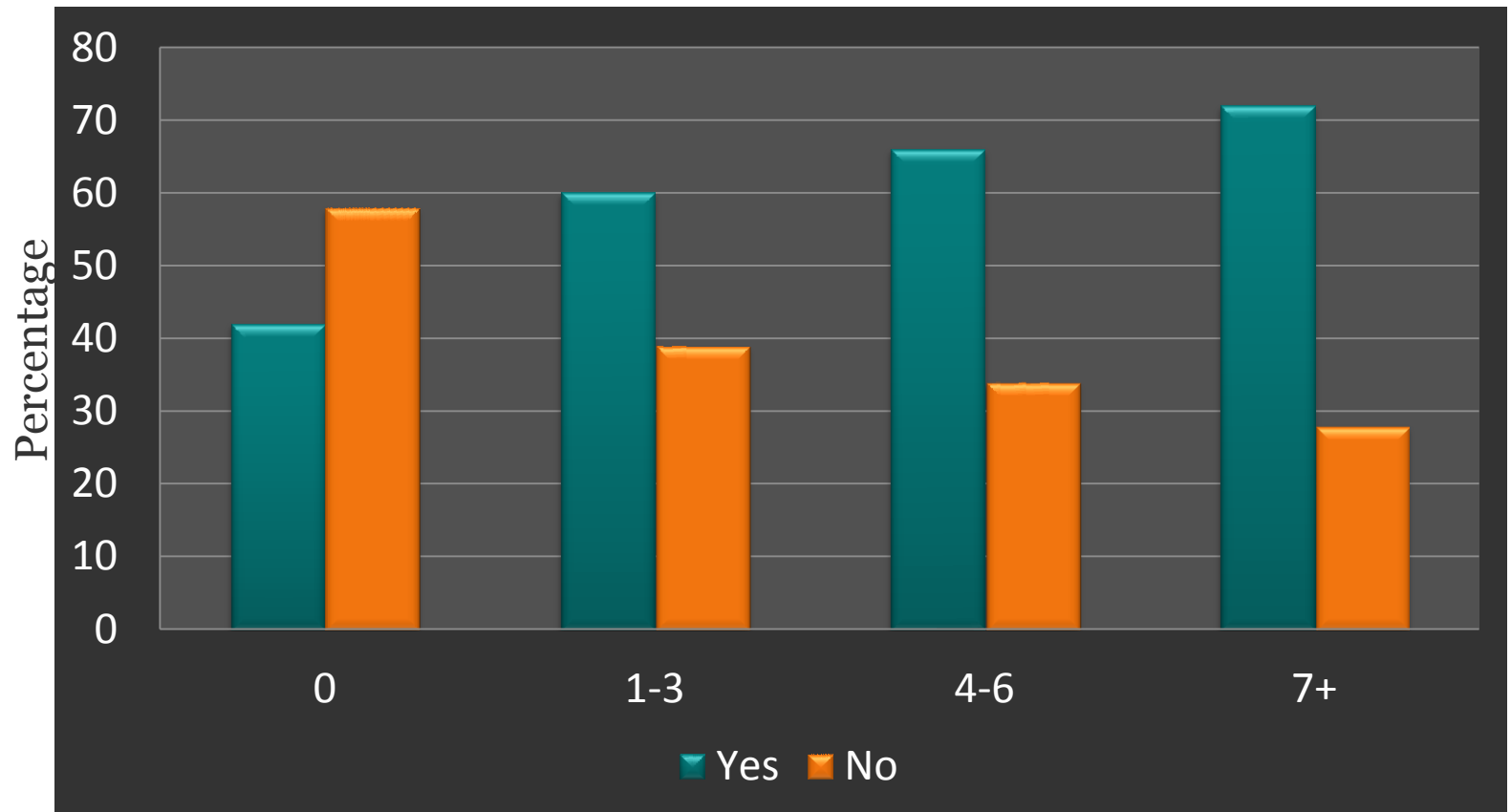


Poor Mental Health Days & Likelihood of Attending on Campus Stress Reduction Programs



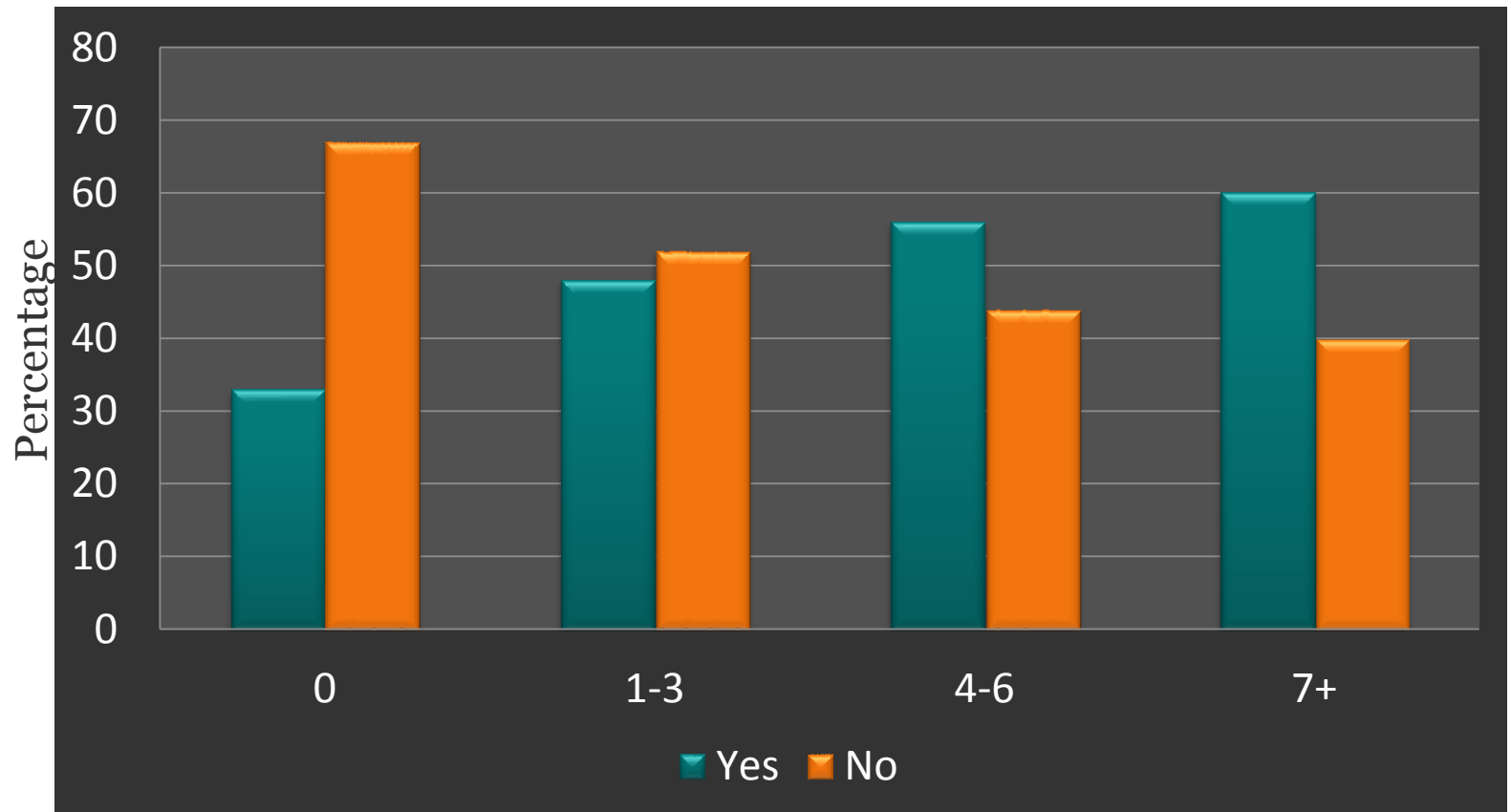
Chi Square = 252.861, $p = .000$

Poor Mental Health Days & Likelihood of Attending Anxiety/Stress Reducing Counseling



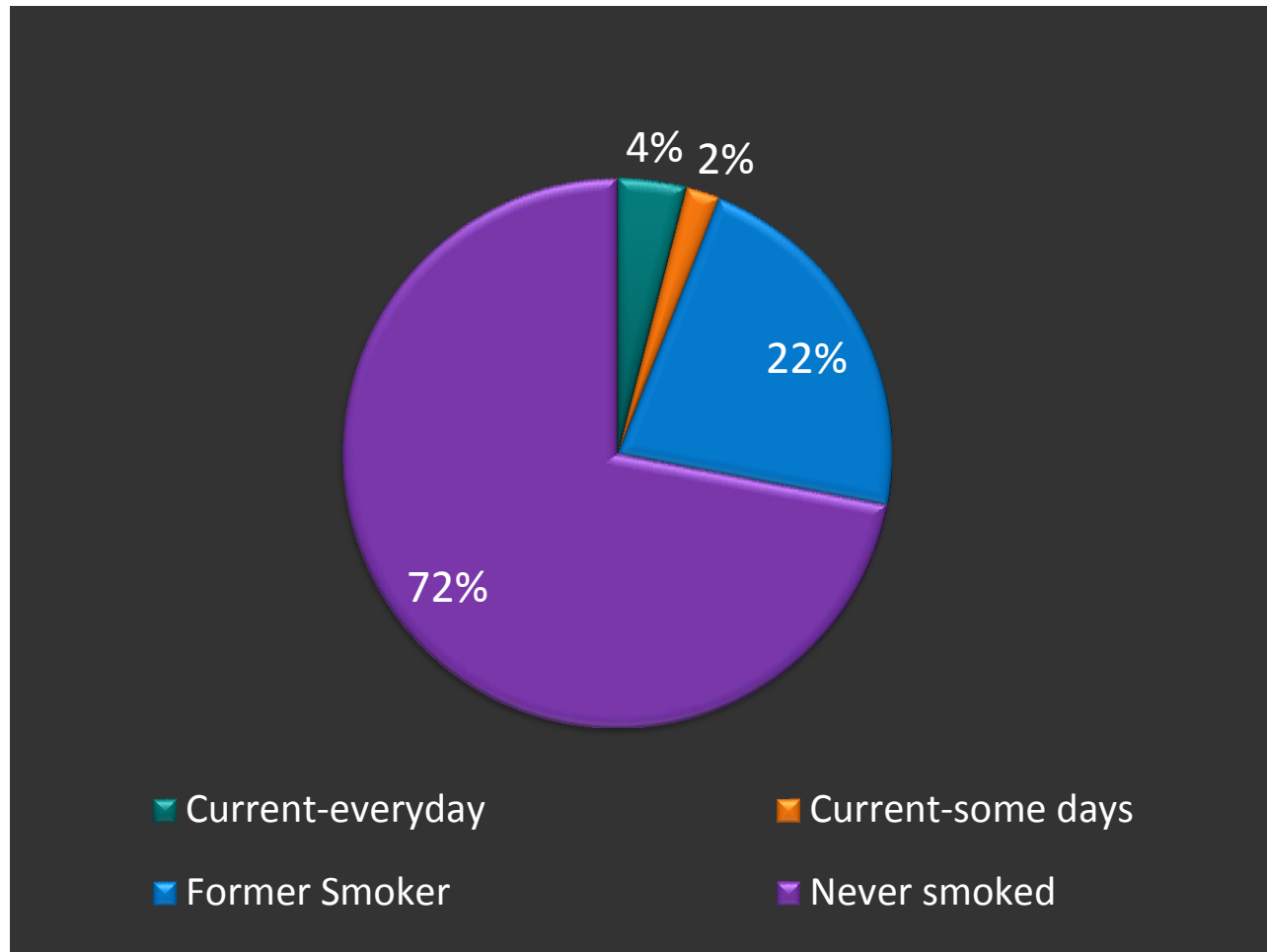
Chi Square = 150.554, $p = .000$

Poor Mental Health Days & Likelihood of Attending Mental Health Counseling

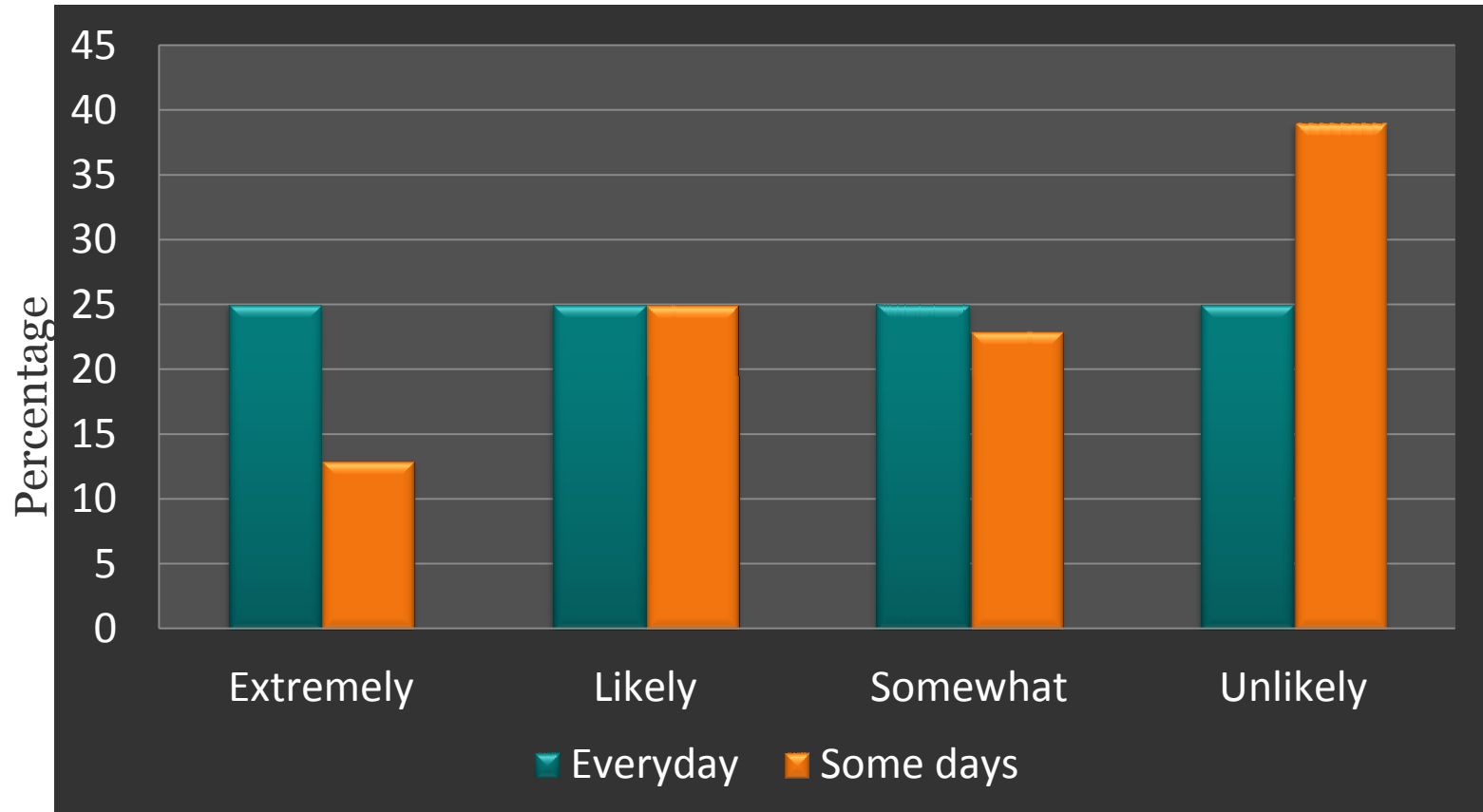


Chi Square = 121.081, p = .000

Risks: Smoking

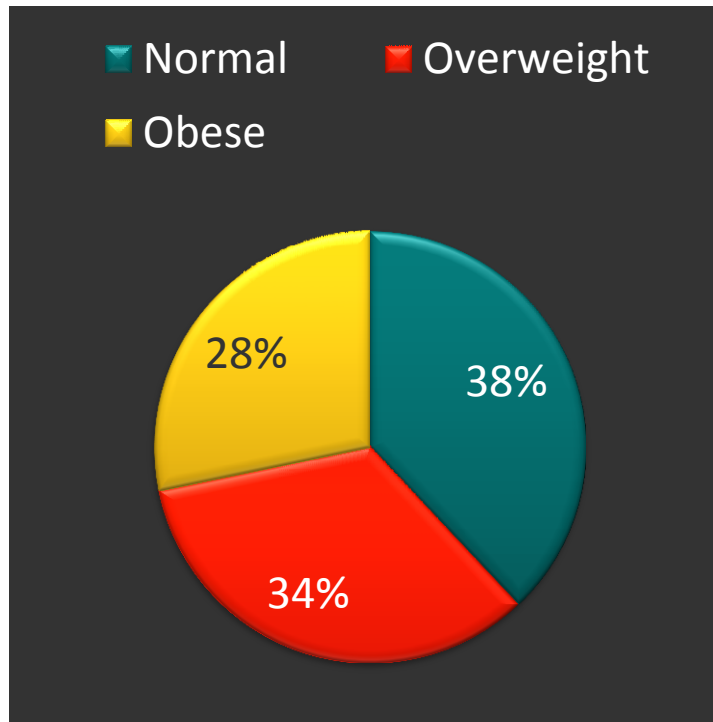


Likelihood of Attending Smoking Cessation by Smoker Category

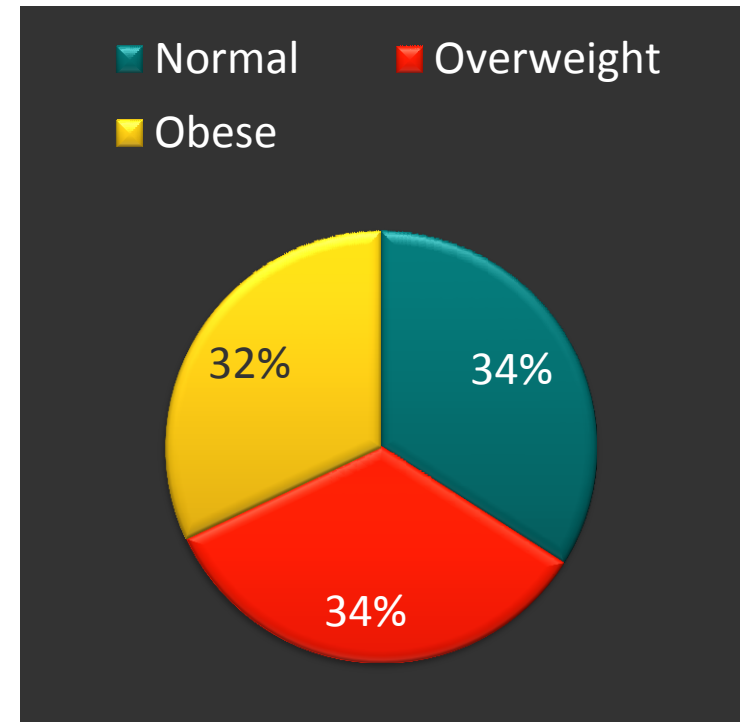


Risks: Weight

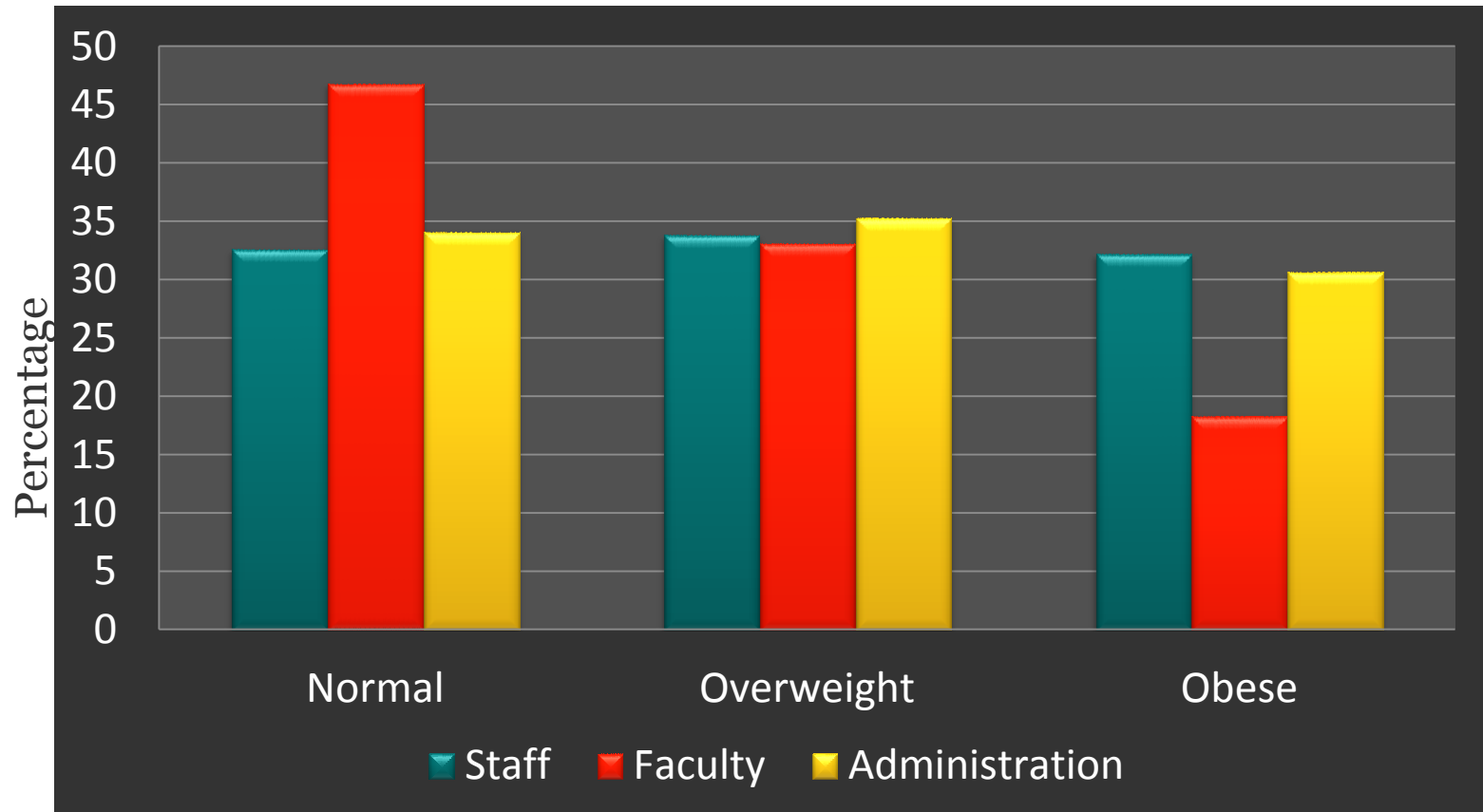
UT Knoxville



US 2011

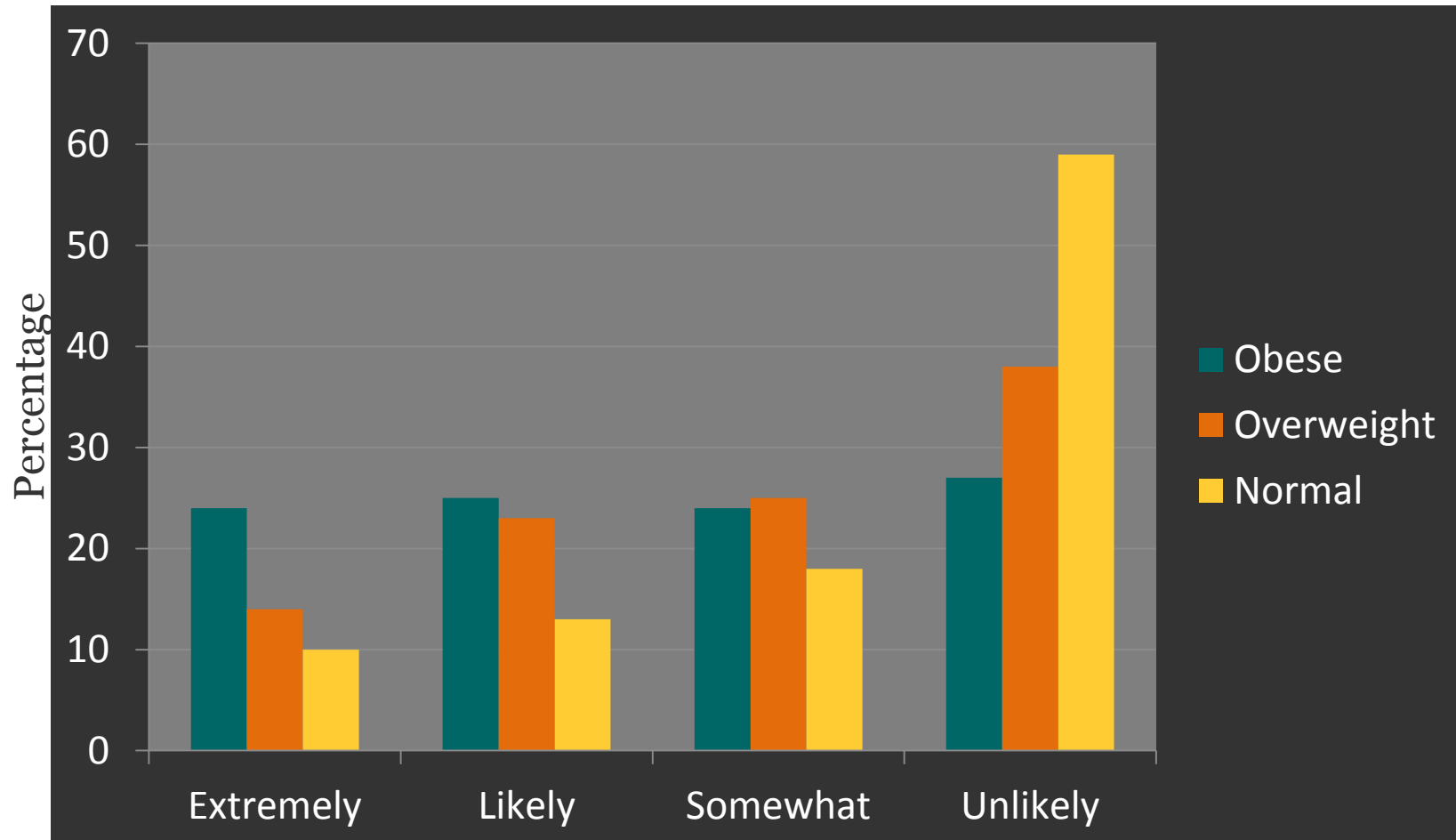


Risks: Weight by Job Category

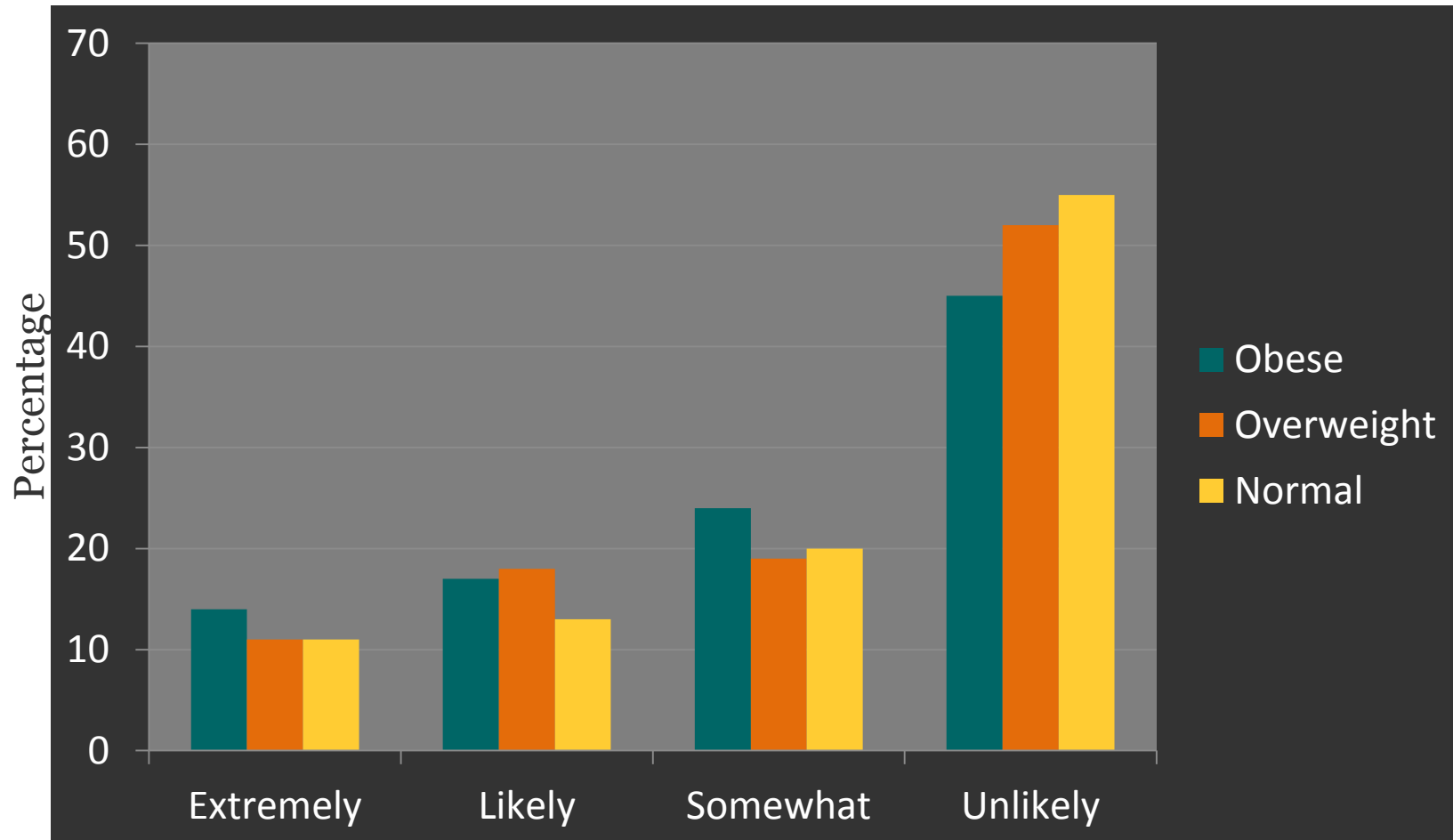


Chi Sq=65.6, $p < .001$

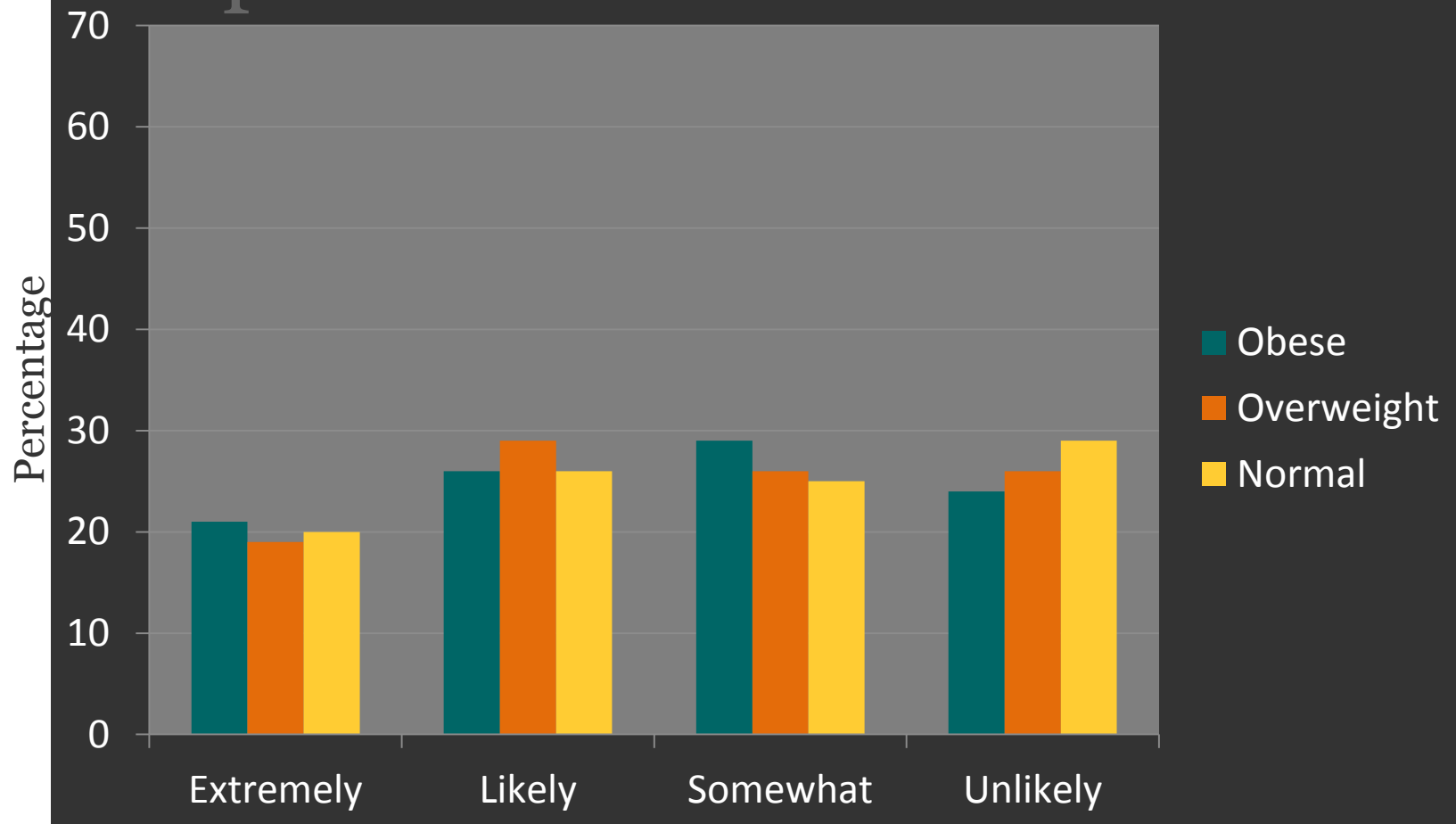
Likelihood of Attending Weight Management Program On-Campus



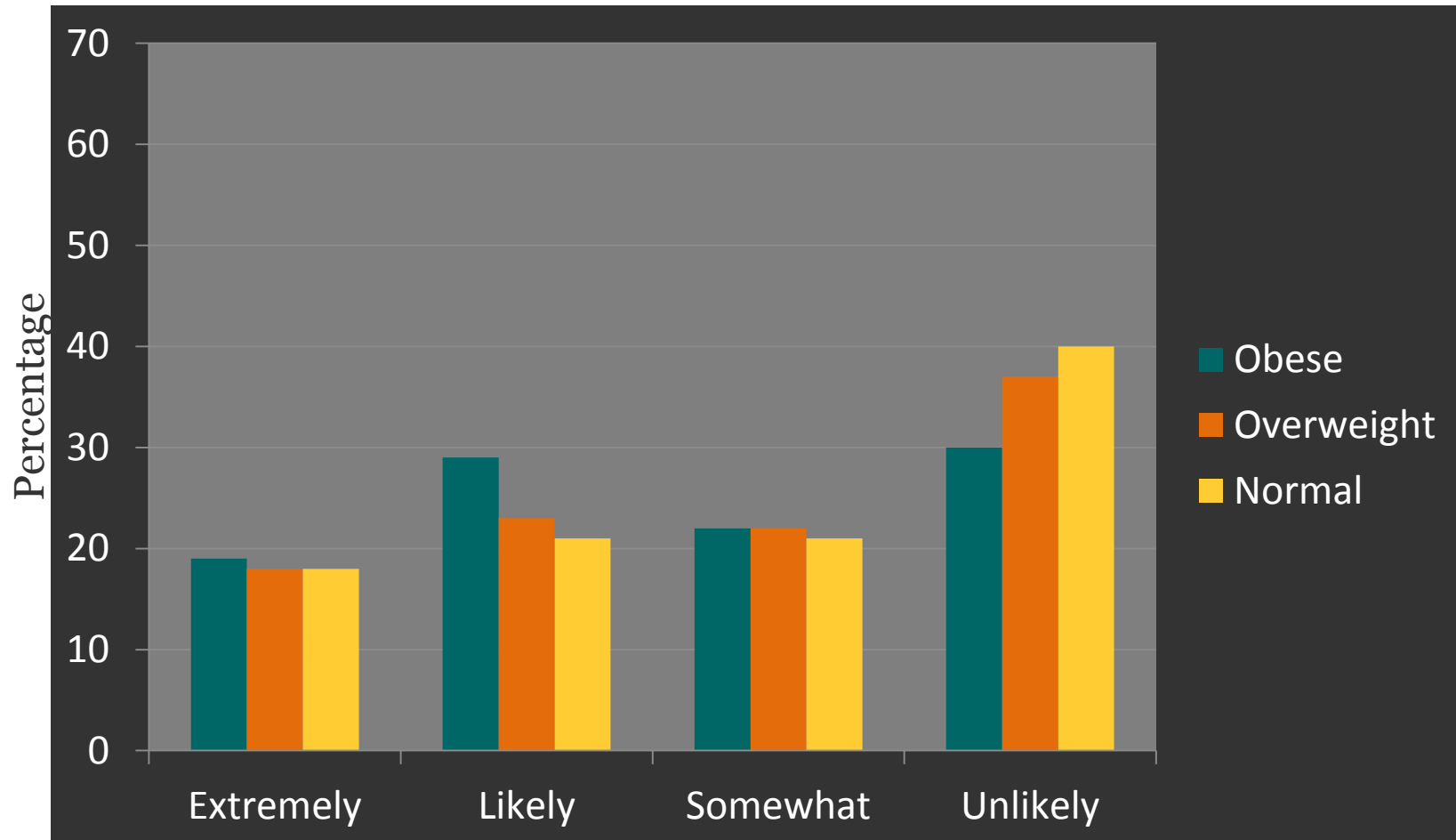
Likelihood of Attending Walking Programs On-Campus



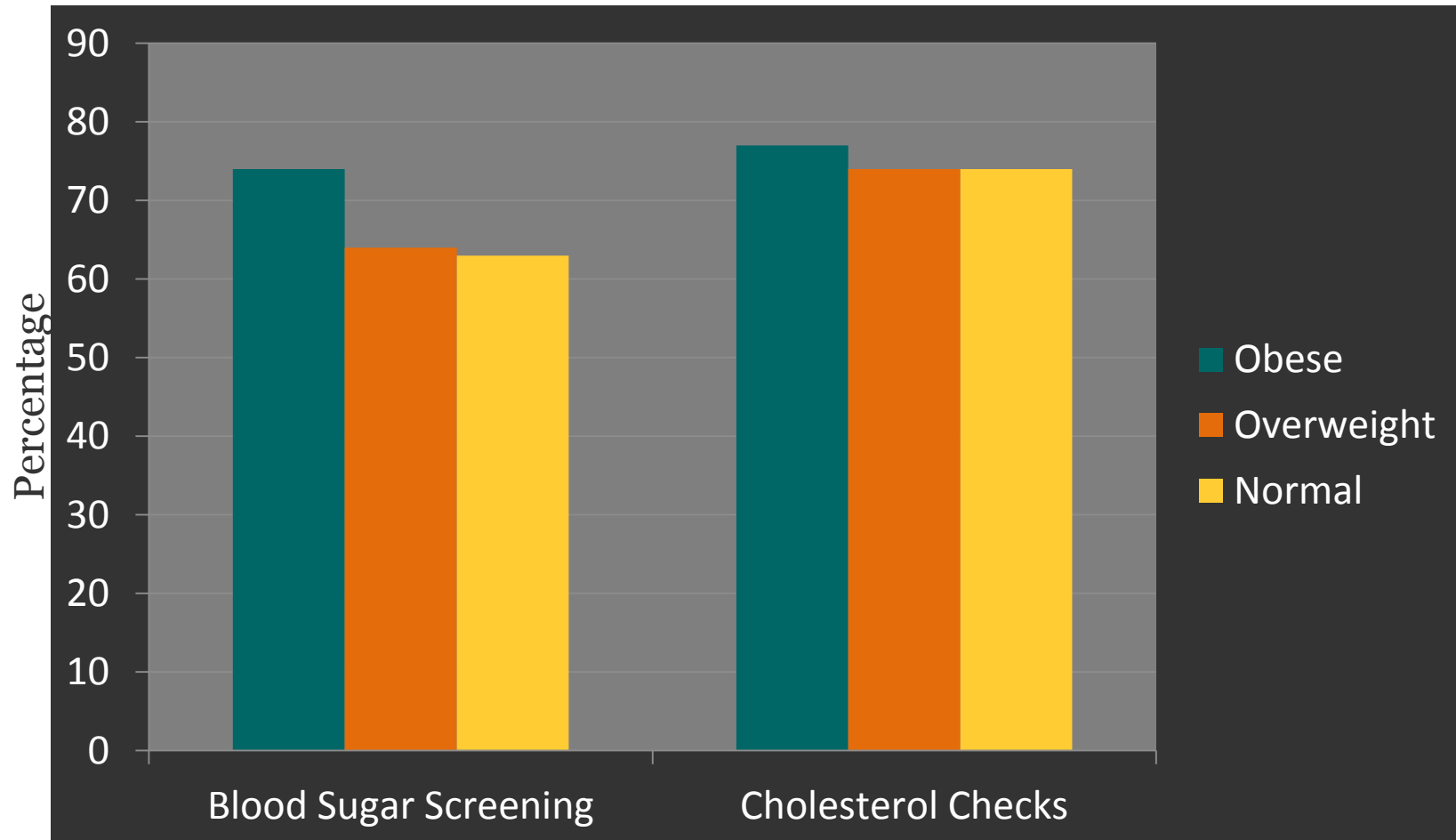
Likelihood of Attending Faculty/Staff Fitness Programs On- Campus



Likelihood of Participating in Healthy Cooking Programs On-Campus



Likelihood to use On-Campus Health Services by Weight Category



Next Steps



- ❖ Complete Data Analysis
- ❖ Develop Business Plan and Make Programmatic Recommendations based on Findings

BIG ORANGE
UT BIG IDEAS



Questions?

THE UNIVERSITY of
TENNESSEE **UT**
KNOXVILLE